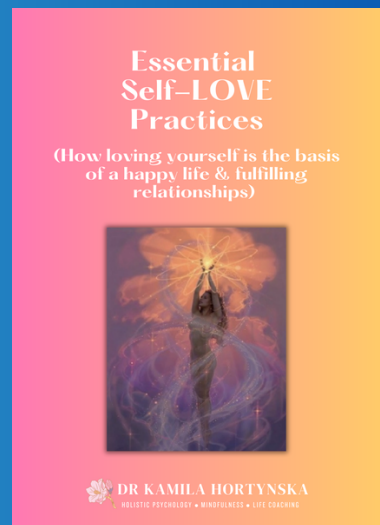
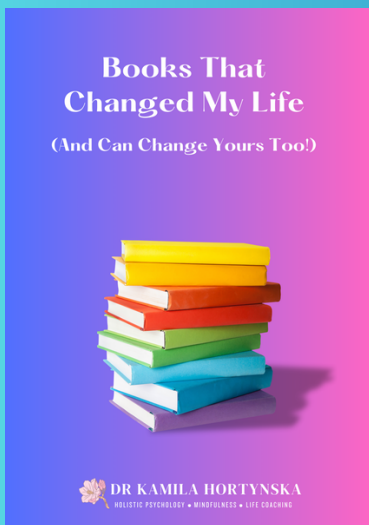


Free E-books Sample



DR KAMILA HORTYNSKA

HOLISTIC PSYCHOLOGY • MINDFULNESS • LIFE COACHING

Books That Changed My Life

(And Can Change Yours Too!)



DR KAMILA HORTYNSKA

HOLISTIC PSYCHOLOGY • MINDFULNESS • LIFE COACHING

Welcome

How to get the most out of this e-book

Hello dear reader,

The 8 main books I discuss, and 32 other titles I share with you in this e-book have changed my life in the most powerful ways. They are books that either gave me immediate results when I implemented their recommendations, or provided a deeper understanding of myself and the world I live in.

They have brought me lots of peace and healing in my personal life. These are also the books that have, over the years, shaped my professional journey from a Clinical Psychologist, CBT Therapist and Mindfulness Teacher into a Holistic Psychologist and Spiritual Life Coach.

Reading this e-book will therefore give you some insight into the breadth of knowledge and understanding I bring to my therapeutic work. This e-book includes some of the titles I read in the last 20 years since I came to the UK, which is a period when my professional and spiritual journey accelerated. I recommend these titles in particular, so that you too can benefit from the wisdom they carry and discover the practical tips you can use for your own healing and growth.



I am an avid reader. I love reading and learning, and I always pass on the best books to my one-to-one clients and course participants. If you have ever worked with me, you know that I always give tonnes of book recommendations in each session. And if you haven't worked with me yet, this e-book will introduce you to the 30 books that I most often share with my clients, so that you too can benefit from these carefully chosen recommendation regardless of whether you decide to work with me or not.

How Best Way to Use This e-Book?

First, follow your intuition in choosing the ones to buy. If your feel drawn to some of these titles more than others, look them up, read reviews and get reading :)

Secondly, don't just read them. Follow the exercises, apply the tips and suggestions, and reflect on how the topics and practices apply in your own life. You may be surprised by how much they can extend your horizon to new ways of understanding the nature of being human in body, mind, and spirit.

Thirdly, if you'd like to get some personalised guidance on your own growth and healing journey, do get in touch. [Book a free connection call](#) to see if the chemistry is right bewteen us. I'd love to be your guide :)

In joy!

Kama :)



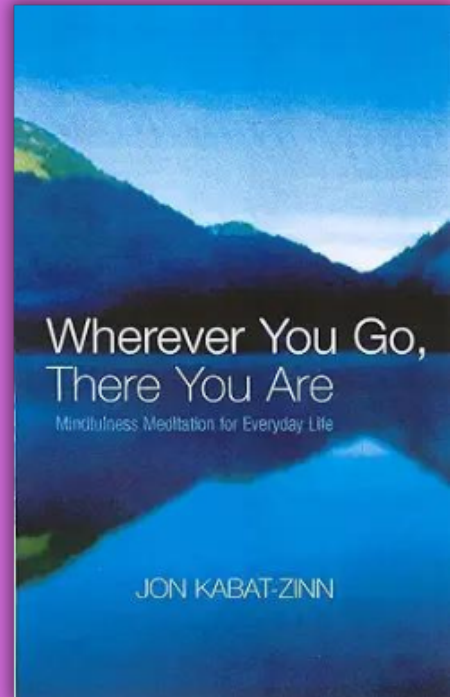
Wherever You Go, There You Are

Jon Kabat-Zinn



This is the first book that seriously changed the course of my life.

It was a present from my clinical supervisor, Dr Christine Postma, while I was studying the Postgraduate Diploma in CBT at Durham University. Christine knew how much I was intrigued and inspired by the module on MBCT (Mindfulness-Based Cognitive Therapy), and she wanted to fuel this new interest of mine.



I read this book in 2005 and it was a great introduction to mindfulness from the most well-known mindfulness teacher in the world. If you're interested in mindfulness, there is probably no better place to start. The chapters are very short (2 - 4 pages) which means you can easily dip in and out of it. Reading a bit and then letting the insights sink in and work within you. I also liked the little "Try Out" suggestions that this book is peppered with, e.g.: "just notice the position of your body just now while you are reading this paragraph", or "take three conscious breaths in before you move to the next section". It's super easy to follow. I have recommended it to thousands of my clients over the last 20 years.

After reading this book I immediately wanted to meet Jon Kabat-Zinn and I did :) Years later I attended professional workshops with him and even sat on a 3-day long retreat in Oxford he was facilitating. He is truly a remarkable person and teacher and has always been an inspiration for me.

This book, and mindfulness practice can really change your life, just like it changed mine. Soon after reading, I was hungry for more and signed up for my first 8-week mindfulness course as a participant. It was amazing. It did wonders for my stress levels and helped me to connect with my body in a way I have not felt before. The benefits I personally experienced during the 8 week MBSR course (Mindfulness-Based Stress Reduction) lead me to start specialising in mindfulness-based therapy before the whole world became crazy about it.



This book is for you if:

- you are interested in mindfulness and looking for a short and easy to read introduction
- you are not yet ready to start mindfulness meditation practice
- you already have tried mindfulness meditation and now want to understand the philosophy behind it



How Nutrition Impacts Your Mental Health



DR KAMILA HORTYNSKA

HOLISTIC PSYCHOLOGY • MINDFULNESS • LIFE COACHING

Five Tips to Stay Hydrated



1

Start your day with a glass or two of warm water with lemon. This not only helps you hydrate from the start but can also aid digestion and bowel movements and reduces your reliance on coffee - which is dehydrating!



2

Drink a glass of water before each meal and ideally add a spoonful of apple cider vinegar (read more in the blood sugar section)



3

Hydrate consistently throughout the day even if you are indoors and especially before exercising or any strenuous activity, likely to make you sweat (e.g., dancing, hoovering, sex)



4

Swap soft drinks, fruit juices and coffee for water.



5

Eat water-filled fruits and vegetables (for example, watermelon, cucumbers, cherries, oranges).

Practical Suggestion



To effectively monitor your water intake, get yourself a big 1.5L bottle and keep it within arm's length all day. Then you can see how much water you actually drink on any particular day. Before you invest in a fancy one simply grab a set of six large mineral waters from a supermarket, label them Monday through Saturday and only drink from that bottle on the corresponding day :). By the end of the week, you'll have a clear picture of your hydration habits.

Coming up next in this guide is our food choices - what we include in our diet and how we choose to eat it.



Let's start making changes today with the 50 foods a week challenge

Keeping the science of food colour and variety in mind, it's time to try an engaging activity.

On the next page you'll find another grid to complete. However, instead of filling this one in based on the past week, let's do it moving forward. I want you to try and aim to eat 50 different foods in the next 7 days.

Here are the rules:

1. Only enter each food once, no matter how many times you eat it.
2. List every different type of fruit, veg, herb, spice, oil, pulse, nut, & seed.
3. If a food is a different colour, it is listed as a different food. (e.g. - red & white onions count as 2 different foods, wild rice and basmati rice are different too).
4. Meat is meat. Fish is fish. The different animals and species are not relevant. (You can put it only once regardless how many times a week you eat it)
5. The same source is the same food. (Bread, pasta, pancakes, wraps, biscuits are all mainly wheat, so only count as one no matter how many alternatives made of wheat you eat during the week. Goat and cow's cheese are different types of cheese, but the varieties of each are not, so you can list once as cheese).



50 foods a week challenge

You can enter the food only once even if you had it several times this week. Please list different fruit, veg, herbs, spices, oils, pulses, nuts, seeds. The more colourful the better. Red and white onion count as 2 different foods, same with wild rice, brown rice, basmati as 3 foods, but bread, pancakes, pasta, is just one food source - wheat. Meat can only be counted once, same with cheese & milk unless from different sources (goats, cows or sheep).

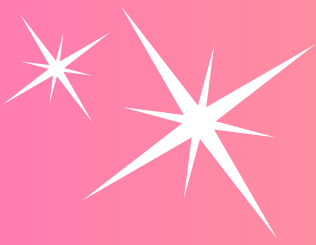
Essential Self-LOVE Practices

(How loving yourself is the basis
of a happy life & fulfilling
relationships)



DR KAMILA HORTYNSKA

HOLISTIC PSYCHOLOGY • MINDFULNESS • LIFE COACHING



Section 2:

What is self-love

What does it mean to love yourself or have a good level of self-love?

In a nutshell, self-love means that you accept yourself completely and appreciate your worth; that you treat yourself with kindness and respect; that you forgive yourself easily when you've made a mistake; and that you nurture your growth, happiness and well-being and take care of your own needs.

Self-love also relates to the thoughts and feelings you have about yourself. To conceptualize the level of your self-love, ask yourself: what would you do for yourself, how important do you see your contentment, how would you talk to yourself when struggling and upset, do the feelings you have towards yourself always reflect love and concern? Because when you do love yourself, you have an overall positive view of yourself. Not all the time but even at times when you are disappointed and angry with yourself about something - you know that this will pass, and overall you love and accept yourself.

Imagine how would you treat your child, or a partner, or a dear friend if they did something you didn't like. You would still love them even if sometimes they temporarily made you feel angry or disappointed. It is the same with your self-love, it shouldn't change even if occasionally you feel disappointed or angry with yourself.

Let's take a little test to see how self-loving you are at the moment

The following are examples of what self-love can look like in action. Please mark all those that you do on a regular daily basis with a "tick" those that you do only occasionally with a "circle" and those that you struggle with, or never do at all with a "cross". OR if you prefer working with colours use a traffic light system to mark relevant boxes. This way you will have a visual representation of your self-love habits. You can then try implementing some of the strategies that resonate with you from this e-book and re-take this test in a month, and then after 3 and 6 months. :)



Activity	1st assessment	after 1 month	after 3 months	after 6 months
Saying positive things to yourself				
Forgiving yourself when you mess up				
Meeting your own physical needs				
Being assertive and asking for what you need				
Saying NO to things you don't like or don't want to do				
Not letting others take advantage of you or abuse you				
Not letting others speak badly to you or about you				



Prioritising your health and well-being				
Spending time around people who support you and build you up				
Avoiding people who don't support you or even drain you				
Asking for help when you need it				
Letting go of grudges or anger that holds you back				
Recognizing your strengths				
Valuing all your feelings <i>(even if they are difficult or unpleasant, allowing yourself to feel however you feel in the moment as long as you don't harm others)</i>				
Not letting others speak badly to you or about you				
Prioritising your health and well-being				
Making healthy choices most of the time				
Living by your values				



Pursuing your interests and goals				
Challenging yourself to try new things and grow				
Being disciplined and holding yourself accountable				
Giving yourself healthy treats				
Pampering yourself				
Accepting your imperfections				
Never speaking badly to yourself				
Never speaking badly about yourself to others				
Setting realistic expectations				
Noticing your progress and effort regardless of whether you are satisfied with the outcome.				



The Inner Child Work & Self-Soothing Guide

(Emotional Healing With a
Spiritual Lens On)



DR KAMILA HORTYNSKA

HOLISTIC PSYCHOLOGY • MINDFULNESS • LIFE COACHING



Section 1:

What is Your Inner Child & Why Does It Needs Healing?

The concept of Inner Child is generally attributed to Carl Jung, but different forms of psychotherapy use it now.

The Inner Child is an aspect of your unconscious mind which stores all the past memories, emotions, beliefs and experiences, both positive and negative. It also holds your hopes and dreams and is a great source of joy, creativity and spontaneity (if well integrated). It is sometimes referred to as a 'part' of you. According to the therapeutic model of Internal Family Systems, there are many different 'parts' of us. Knowing how to relate to and work with these different parts, including your Inner Child, can be a key part of your emotional healing journey.

If you'd like to learn more about the [Internal Family Systems model](#), you can do so [here](#).



Your Inner Child is part of you that still feels and experiences life as a child. But just as it carries the positive aspects of being a child (like innocence, joy and creativity), it also carries the wounding of your past.

This Inner Child part of you has been picking up messages and all forms of input since you were conceived – a long time before you were able to fully process what was going on around you, mentally or emotionally. Until the age of seven your Inner Child collected or ‘downloaded’ every interaction it witnessed or participated in: every word, frown, tone of voice, and way of speaking and responding to different situations. It does this to learn how to operate and survive in the family you were born into, in the community and society you grew up in.

As you can imagine, this was a crucial part of your psychological development. But because your Inner Child absorbed everything that was going on around you, that also means it collected the pain and upset of your childhood. So, your Inner Child is also that part of your Younger Self that actually felt abandoned, hopeless or helpless and who felt that life was just too much sometimes. Consequently, it had to cut off from that experience, meaning it was never processed and got stored in the Unconscious part of your mind.

Now, when something happens that is somewhat similar to the pain or upset that happened back then, your Inner Child’s experience is reactivated or ‘reheated’. This is actually a good thing, because when you get ‘triggered’ and you are aware of it, that gives you an opportunity now to process consciously and bring peace to that part of your Younger Self.



How Does Your Inner Child Get Wounded?

The wounds to your Inner Child could be the result of trauma, abuse, or abandonment. But the source of the pain may also be more subtle as Gabor Maté, the author of [The Myth of Normal](#) explains – many of us most likely experienced trauma with little “t” when our emotional needs were not met in our childhoods. There was usually a good reason for it and there is no need to blame anyone, but it is important to acknowledge that the illness of a parent or sibling, growing up in a broken family, stressed parents working long hours or even a childhood friend moving away could have caused, or contributed to, our emotional needs being unmet. Do read that book if you are curious about the long-term impact such emotional wounds to your Inner Child can have on your physical and mental health, and what to do about it.

Can Your Inner Child Store Pain That is Not Yours?

Your Inner Child holds *all* past experiences: not just those belonging to you specifically, but also those from the collective unconscious or from your ancestors.



Based on my personal and professional experience, I also believe the Inner Child part of you can respond to a deep memory that's not even from this lifetime; a memory of feeling terrified, lonely, in danger or out of control. Different inter-generational patterns of trauma can be passed on to your children, both energetically and within DNA, for generations. Mark Wolynn talks about it beautifully in his book *It Didn't Start with You*. So whatever healing you decide to do with your Inner Child, you will be doing a great favour to future generations in your family.

Self-Care: An Ultimate Guide

(How looking after your body &
physical space supports your
mental health and well-being)



DR KAMILA HORTYNSKA

HOLISTIC PSYCHOLOGY • MINDFULNESS • LIFE COACHING



Section 1:

Rhythm of the day & Importance of Sleep

The body is a system that thrives on predictability. To support your mental health, you must stick to regular sleep and wake times. When your body knows that food and rest is coming at regular intervals it stays in balance and can perform all of its functions well.

Everything in your body works according to the circadian rhythm which is governed by the appropriate exposure to light and darkness. From the evolutionary point of view, we are meant to be active when it's light outside (daytime) and rest or sleep when it's dark (nighttime).

However, since the invention of the light bulb, we have been exposed to a lot of artificial light outside of natural daytime. When you stay up late at night watching TV, working on your computers, scrolling your phone, gaming or using iPads, all of these emit much more blue light than you are meant to be exposed to after sunset. This is what deregulates your inner body clock.



Melatonin and blue light

Blue light exposure at night ruins your sleep because it disrupts the production of melatonin which is the main hormone that we need to fall asleep and stay asleep. Its production is closely tied to light. In response to darkness, the pineal gland in the brain initiates the production of melatonin, but light exposure slows down or stops that production.

Melatonin is also a hormone that is the opposite of cortisol (the stress hormone). That's why when there is a lot of stress in your life and when cortisol is running high, your body doesn't produce enough melatonin. This is one of the physiological reasons why you don't sleep well when under a lot of stress.

It is also a vicious circle because lack of sleep adds to stress in the body and affects its other functions. A good night's sleep is necessary for your brain to function well, to detox well, to prune all the faulty and old nerve cells, to consolidate our memories and to process emotions from the day before. Circadian rhythm is therefore strongly correlated to mood, mental health and seasonal affective disorder.

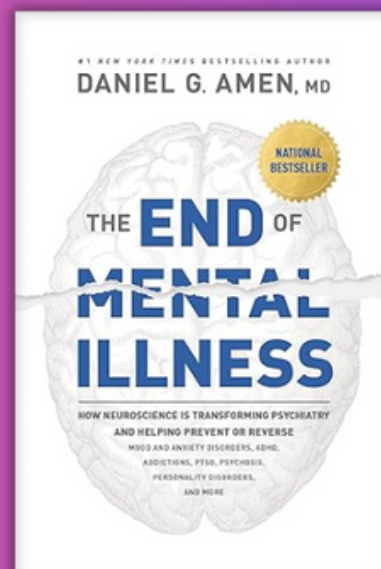
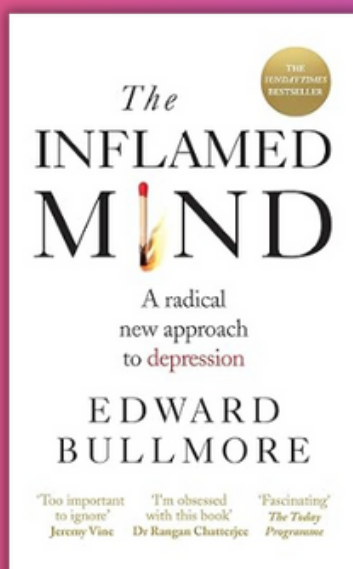
Melatonin is known also for being a longevity and repair hormone because it has powerful anti-oxidant, anti-inflammatory, anti-cancer, and anti-ageing properties, and it modulates our immune response. In the winter, days are shorter and we have less exposure to light. Our bodies are meant to produce more melatonin and also to be able to fight all the viruses. Your body functions better when you are living according to natural seasons, so don't beat yourself up if you feel like resting and sleeping more in the winter. Your body is wise. Trust it.



Lack of sleep and screen light exposure

You probably remember times when you missed a night's sleep and you felt rough and more snappy and irritable than usual. This is what sleep deprivation does to your whole body, and the effect is worse the longer you are sleep-deprived. Going 24 hours without sleep may cause cognitive impairment equal to that of a blood alcohol level of 0.10%. This effect is the same regardless of why you under-slept. Perhaps your child was not well, or you had to study for an exam, or maybe you went out partying or had to take an overnight plane. Either way, make sure you have a chance to catch up in the following days.

Research says that getting less than 6 hours of sleep a night regularly is associated with low-grade chronic inflammation, which can lead to depression. If this topic interests you please read this excellent book by [Prof Bullmore - Inflamed Mind](#), or [End of Mental Illness by Dr Amen](#)). Poor sleep is linked to poor blood sugar regulation. So if you are not getting enough sleep you may want to look into improving your nutrition to either help improve your sleep quality with what you eat, or at least to try to counteract pro-inflammatory effects of poor sleep (more on that in my other e-book on [how Nutrition impacts your mental health](#)) and decreased ability to moderate your emotions. You know the cranky feeling I am talking about..





Poor sleep is also linked to decreased ability to moderate your emotions. You know the cranky feeling I am talking about. But even if lack of sleep is not good in general, what makes it worse is if you also spend the evening time looking at the screen. Research says that regular exposure to screen light between 11 pm and 4 am activates a specific brain area called habenula,* which lowers dopamine and therefore creates a sense of disappointment, so it is pro-depressive! The only way to protect yourself from this effect is to dim the brightness to the maximum, but who remembers to do this? And it's not possible to do this with your TV screen.

*habenula - this is a small area of your brain which is found in the posterior-dorsal-medial end of the thalamus, in other words right in the very centre, deep in your brain

Inadequate rest impairs your ability to think, handle stress, maintain a healthy immune system and moderate your emotions. Sleep deprivation negatively impacts short-term, working and long-term memory. It also prevents the generation of new nerve cells. All of which affect our ability to think clearly and function well. So prioritising your sleep is crucial to your mental health and we all know that insomnia is associated with depression.



Hello dear reader,

I hope you enjoyed reading the extracts from 5 of my e-books. If any of them particularly resonated with you I invite you to get it in full version from my website (LINK).

This e-book was intended just to give you a flavour of what you may be getting from my e-books. You had a chance to read about 4-5 pages from each. The full versions are over 40 pages long.

If you would like to get more than one please use one of the bundle options available and save up to 40% on a regular price.

Did this “sampler e-book” inspired you to make some changes? Did you like the tips and practices I offered? I'd love to hear your feedback. You can contact me here (LINK).

All the information in my e-books is based on my training and 23 year of experience as a Clinical Psychologist, CBT Therapist, Mindfulness Teacher, Functional Medicine Practitioner and Spiritual Life Coach. If you would like to arrange a 1-2-1 session please check my online calendar for current availability. (Link)

I look forward to hearing from you soon :)

In JOY!

Kama :)

